

- » Nonstick vegetable cooking spray
- » 4 tsp vegetable oil, divided
- » 4 (6-oz) lean pork chops, boneless
- » 1 cup onion, chopped
- » 1/2 cup red bell pepper, chopped
- » 1 cup mushrooms, chopped
- » 1 (14 1/2-oz) can stewed tomatoes, sliced
- » 1/2 (13 3/4-oz) can water-packed artichoke hearts, drained, chopped
- » 1/2 tsp salt
- » 1 tsp Dijon mustard
- » 1/8 tsp pepper
- » 1 cup long-grain white rice, uncooked
- » 1/2 cup water

Nutritional Content

Per Serving

| | | | |
|---------------|---------|-------------------|-------|
| Calories | 470 cal | Cholesterol | 107mg |
| Protein | 41g | Sodium | 717mg |
| Carbohydrate | 42g | Calories from Fat | 23% |
| Fat | 12g | Fiber | 3g |
| Saturated Fat | 3g | | |

In a large skillet sprayed with nonstick vegetable cooking spray, over medium-high heat, add 2 tsp vegetable oil. Add the pork chops and brown both sides, turning once. Transfer the chops to a plate and set aside. Add 2 tsp vegetable oil and sauté onion, red bell peppers, and mushrooms until tender (3 to 4 minutes). Add tomatoes, artichoke hearts, salt, Dijon mustard, pepper, rice, and water. Place pork chops on top of mixture in skillet. Cover and simmer on low heat, 25 to 30 minutes or until rice is cooked. Serves 4.

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